

**List of events (with numbers taking part) in 2022***NOTE : parkruns are only included if they meet the performance criterium (must be faster than "form")***Seniors only (i.e. 20 years and older)**

01-Jan	parkrun (1M)	02-Apr	parkrun (2M)
01-Jan	Thornton Hough 3.5 ml (1M)	02-Apr	Snowdon Trail, 15 mile (1M)
01-Jan	Liverbird 10K MT (1M, 1F)	03-Apr	Manchester Marathon (4M, 1F)
08-Jan	Cheshire CC Champs (16M, 9F)	10-Apr	Borders Lge 9.8K, Tattenhall (19M, 5F)
15-Jan	Manchester CC Lge, Tatton (5M, 5F)	13-Apr	Chester Spring 5 mile (13M, 4F, 14h)
15-Jan	parkrun (1F)	15-Apr	Manchester-Liverpool Ultra 50 mile MT (1M)
16-Jan	4 Villages HM, Helsby (14M, 1F)	16-Apr	parkrun (3M)
29-Jan	Northern Ath CC Champs, Pontefract (1M, 4F)	17-Apr	Hale Village 5 mile (1F)
29-Jan	parkrun (2M, 1F)	18-Apr	Boston, Lincs HM (1F)
		23-Apr	Centurion Ultra track 24 Hour (1F)
05-Feb	parkrun (2M)	23-Apr	parkrun (1M)
05-Feb	N Wales CC Lge, Oswestry (6M, 5F)	24-Apr	Wrexham Elite HM (2M)
06-Feb	Mad Dog 10K, Southport (1M)	27-Apr	Wirral Seaside -2 5K (4M, 3F)
12-Feb	parkrun (1M)	29-Apr	Mid-Cheshire 5K (Spring) (9M, 3F)
12-Feb	Parbold Hill Race (1M)	30-Apr	parkrun (1M, 1F)
12-Feb	Conwy Mtn. Fell (1M)	30-Apr	NA Track Lge (5000m 1M; 3000m 1F)
13-Feb	Cardiff 10 mile (1M)		
13-Feb	Nick Beer 10K (1F)	01-May	Ches T&F Lge, 3000m (1F)
19-Feb	Manchester CC Lge, Heaton Pk (4M, 3F)	04-May	Dinas Bran Hill Race (2M, 2F)
19-Feb	Rhyl 5 mile (1M)	05-May	Bryn Kinalt 20km MT (1M)
19-Feb	Rhyl 10 mile (1M)	07-May	parkrun (1M)
20-Feb	Ruthin 5K (1M)	07-May	British Ic Fell champs (1M)
20-Feb	Hale 10K, Altrincham (1M)	07-May	Luso 7km, Lisbon (1M)
26-Feb	parkruns (2M, 1F)	08-May	Market Drayton 10K (1M)
27-Feb	Borders Lge 7K, Connah's Quay (20M, 7F)	11-May	Borders Lge 4ml, Birkenhead (13M, 6F)
		13-May	Christleton 5K (4M, 5F)
05-Mar	parkrun (1M)	14-May	parkrun (1M)
05-Mar	N Wales CC (6M, 4F)	15-May	Chester HM (16M, 7F, 11h)
06-Mar	Anglesey Island HM (1F)	18-May	CSSC 10K Challenge, Battersea (1M)
06-Mar	Cloud 9 Fell Race (1M, 3F)	22-May	Great Manchester 10K (1F)
06-Mar	Trafford 10K (1F)	22-May	Great Manchester HM (1M, 1F)
06-Mar	Run Oulton Park GP 20 mile (1M, 1F)	25-May	Wirral Seaside 5K - 3 (1M, 2F)
12-Mar	Inter County CC Champs (1M, 1F)	28-May	parkrun (1M)
12-Mar	Chester Ultra 50 mile MT (3M)	28-May	Chester Ultra 100 mile MT (1M)
13-Mar	Chester 10K (17M, 11F, 1DNF)	29-May	Edinburgh Marathon Festival (1F)
20-Mar	Wilmslow Festival HM (2M, 1F)		
20-Mar	Wigan Festival 10 mile (1M)	04-Jun	Mynydd Myfyr Fell (2M, 3F)
26-Mar	parkrun (2M)	04-Jun	parkrun (3M)
27-Mar	Borders Lge 5 mile, Mold (15M, 5F)	04-Jun	Stockholm Marathon (1M)
27-Mar	Liverpool HM (2M, 3F)	05-Jun	Jubilee Bridge 10K, Runcorn (1M, 3F)
27-Mar	Sheffield HM (1M)	05-Jun	Cheshire Track Lge (3000m F)
30-Mar	Wirral Seaside 5K (2M, 2F; strong headwind)	08-Jun	Race up the Beast Fell (1M)
		09-Jun	Dee-Striders Off-Road 5 mile (6M, 3F)
		12-Jun	Port Sunlight 10K (2M, 1F)
		12-Jun	Port Sunlight 5K (1F)
		12-Jun	NA T&F Lge, Trafford (3000m, 1F; 300m S/c 1M)
		15-Jun	Hot foot up Famau, Fell (1M)
		17-Jun	Tattenhall MT challenge (5F, 2M)
		18-Jun	parkrun (1M)
		18-Jun	Coed-y-Brennon MT marathon (1M)
		18-Jun	Salomon Trail Wales (marathon) (1M)
		19-Jun	Freckleton HM (1M)
		25-Jun	parkrun (1M)
		26-Jun	Redditch HM (1M)
		26-Jun	Southport HM (1M) + Tof Mside (2F, 1M)
		27-Jun	Tof Mside, Thurstaston MT (2F)
		28-Jun	Tof Mside, Sustrans 10 mile (1M, 2F)
		29-Jun	Robbie Webster Wobbler MT (5M, 1F)
		29-Jul	Wirral Coastal 5K (2M, 1F)
		30-Jun	Tof Mside, Otterspool 5 mile (1M, 2F)